

Montana Department of Public Health & Human Services	Policy
	MT CACFP 2011-4 Rev 1
	Section: All Institutions
Child and Adult Care Food Program	Subject: Observation of Meals
	Effective Date: 11/8/2013

OBSERVATION OF MEALS

Meal observation is a method of review used by food service supervisors in day care centers and sponsor monitors of day care homes to determine if a meal service is in compliance with CACFP requirements and if the mealtime experience is overall successful for the participants.

Meal observation includes food preparation and the meal service from beginning to end. During meal observation, the reviewer only observes and documents. The reviewer does not participate in or interfere with the meal service. After the meal observation, the reviewer offers feedback to the director or provider to recognize their successes and discuss strategies for improving meal service.

An example *Meal Observation Guide* is provided by the State agency and is available on the CACFP website at www.bestbeginnings.mt.gov